



**RTO
ERO**

District 23
North York



January, 2023 e – Newsletter

Our 50th Anniversary Year 1973 - 2023



Happy New Year! The year 2023 will mark a year of celebration in District 23 as we turn 50 years old as an RTOERO community, along with the other 3 Toronto Districts. The Planning Committee, under the leadership of VP Sara Di Nallo will be arrange some celebratory events throughout the year. If you have pictures you would like to share with us; please send them along with a brief comment or an anecdote of something you experienced with our group. Submissions can be sent to our President: Maureen Capotosto at: mpcapotosto@sympatico.ca

Many of our events will continue this month. Nordic Pole Walking will not resume until warmer weather in March and there is no North York Strollers event this month. Please see the outline for the month's activities below and the announcement of new theatrical productions, trips, webinars and a cooking event! Registration forms will be available on our D23 website, in STONY Bridges, on Facebook and in the body of this email. We hope you can join us! Photos courtesy of Shutterstock.

E-Devices Interest Group (ZM)

Friday, January 6 and 20, 2023

Convener ~ Vern Paige

We meet alternate Fridays at 10:30 a.m. Join a few minutes early (after 10:15 a.m.) to check your connection and chat.

If times need to be adjusted, Vern will notify participants and the meeting dates will be changed in an e-Newsletter posting. Vern will send the Zoom link on the morning of each meeting.

E-mail Vern: PhotoGuy.2019+ZoomLink@gmail.com Note that some or all of each meeting might be recorded.

Bridge

January dates: Tuesdays January 10, 17, 24 and 31



Convener ~ Alan Ward

The weekly sessions meet at: Willowdale Emmanuel United Church, 379 Kenneth Avenue just north of Church St. (south of Finch, 2 blocks east of Yonge.) Ample parking is available

New members are welcome--all are asked to assemble by 12:45 p.m. for the 3 Tuesday games this month.

For further information, contact Alan Ward at: **905-889-3687**.

No refreshments will be provided for the initial meetings, but attendees may bring their own hot or cold drinks and consume these in the kitchen or the hallway. We hope to relax these precautions if the Fall brings no recurrence of COVID infections."



RTOERO members can recommend students from their family or community for a post- secondary scholarship.

RTOERO believes in the power of our community to secure a better future, and we are committed to helping s`ecure better futures for students, for each other, and for seniors in Canada. One of the ways we work towards achieving this goal is through our post-secondary scholarship program, established with reference to our strategic goal: To improve the lives of members and seniors.

This year, RTOERO is awarding 20 scholarships valued at \$3000 each to post-secondary (college or university) students enrolled in programs that lead to careers in either seniors' health and wellbeing; education; environmental stewardship; or that reflect a strong commitment to diversity, equity and/or inclusion. Go to: <https://rtoero.ca/giving-back/scholarships/> to learn the eligibility requirements, instructions, and application.

The deadline for applications is January 13, 2023.

Joseph and the Amazing Technicolour Dreamcoat

Wednesday, January 18, 2023

1:30 p.m.

Princess of Wales Theatre

Allow time to travel and be seated when the curtain rises.



Have - a - Java

Wednesday, January 18, 2023

Convener ~ Elizabeth Clarke



We meet at Bayview Village in the east foyer in front of the LCBO between 9:30 a.m. and 11:30 a.m.

Each member who signs in and joins the group receives a \$3.00 subsidy towards coffee and a treat. Some might like to complete their exercise program at the mall.

One lap is just over 1 kilometre or 0.67 miles

It's good to meet again in person!

Milk Bag Weaving Activity - Come Join Us



District 23 North York Executive heard from Sharon Gusz, a member of District 34, York Region about a project she organises at two locations. Our District 23 would like to promote this activity and encourage our members to join in at our St. Gabriel's Parish location **or** at Our Lady Queen of The World Church in Richmond Hill. Choose the location that is most convenient for yourself.

The project involves weaving milk bags into sturdy mats. Volunteers cut up the bags and others weave them using large looms designed for this. The mats are shared locally with homeless people, as well as shipped overseas to countries in need. For more information on the project, please visit: milkbagsunlimited.ca

St. Gabriel and District 34's Parish Weaving Group

Third Wednesday of the month at St. Gabriel's Parish

670 Sheppard Ave. E, North York (entrance must be off Elkhorn) - easy access with no stairs

Wednesday, January 18	1:00 - 3:00 p.m.
Wednesday, February 15	1:00 - 3:00 p.m.
Wednesday, March 15	1:00 - 3:00 p.m.
Wednesday, April 19	1:00 - 3:00 p.m.
Wednesday, May 17	1:00 - 3:00 p.m.
Wednesday, June 21	1:00 - 3:00 p.m.

Our Lady Queen of the World Church Group

Dates for the OLQW Group,

10411 Bayview Ave, Richmond Hill - downstairs which is accessible from the Northeast corner of the building right at the back. (There are many stairs, but an elevator is available)

Wednesday, January 11th	1:00 - 3:00 p.m.
Wednesday, February 1st	1:00 - 3:00 p.m.
Wednesday, March 1st	1:00 - 3:00 p.m.
Tuesday, April. 4	9:30 - 11:30 a.m.
Wednesday, May 2	9:30 - 11:30 a.m.
Tuesday, June 6	9:30 - 11:30 a.m.

Contact Sharon Gusz: sharongusz@gmail.com for additional information.

Needlework and Crafts

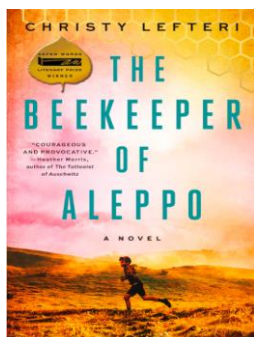
Thursday, January 19, 2023

9:30 a.m.

Convener ~ Olga McKenzie

The Needlework Group meets on the third Thursday of each month at the **Edithvale Community Centre**. Our November meeting was very productive as we welcomed 2 new members, and planned for the Holiday Luncheon. Our raffle and decorations brought in \$367.00 with \$60.00 still to come, bringing the total to \$427.00. Many of the Needlecraft members attended the Luncheon and helped out. A special thanks goes out to Vanessa, who did an excellent job of taking photos.





Book Club (ZM)

Wednesday, January 25, 2023

We meet on the last Wednesday of most months at 2:00 p.m.

Convener ~ Sylvia Skippen

To register for the Zoom session, email Sylvia:

sylvia.skippen@hotmail.com by Monday, January 23, 2023

In November, most members wanted to meet by Zoom and we decided to meet by Zoom for January and February. We will revisit the possibility of meeting using the hybrid model in March when the weather should be more predictable.

January's novel is: **The Beekeeper of Aleppo** by Christie Lefteri.

This beautiful love story is set in the beautiful Syrian City of Aleppo. Nuni, a beekeeper and his wife, Afra, an artist are living a simple life until their country is destroyed by war. They are forced to escape and commence a dangerous journey through Turkey and Greece. Nuri is motivated by the hope of starting a future life in Britain where he aspires to join his cousin and business partner, Mustafa. His cousin has started a beehive and is teaching fellow refugees to keep bees.



Goodwill Initiative

A Winter Project ~ Volunteers Needed

Convener ~ Gwen Bumbury

The winter months mark the best time once again to contact all members who are 80 years of age and over. **District 23** needs more volunteers to assist with telephone calls. If you are a volunteer caller who had expressed an interest to continue, please contact Gwen by email. We deeply appreciate your continued support.

In the past, telephone volunteers have reported about lively and engaging conversations with members in a friendly way. Also, the volunteers and the members enjoyed the telephone experience. You can change the situation of social isolation. The telephone campaign is a wonderful way to meet other members and help reduce isolation.

Would you like to be part of the group that makes these calls to brighten someone's day with a friendly chat? This is an excellent opportunity for you to become involved with District 23 and provide service to fellow members. If you are interested in volunteering please contact Gwen Bumbury, Goodwill Convener, at: ggrant98@hotmail.com

A better future,
together

Community Service Project 2022-3



Convener ~ Cheryl Paige

On Thursday October 13, we held our first session on Domestic Violence. The session focused on the broader scope of “DV”. The session was presented by Dr. Nazilia Isgandarova, (U of T) and Imam Irshad Osman and Margaret. It was an outstanding session which provided real insight into the impact and predominance of “DV”. The session has been posted on our website and we encourage everyone to view it. <https://district23.rtoero.org>

Out of the Shadows: Recognizing Domestic Abuse and Supportive Behaviours

Session 2: Wednesday, February 1, 2023 (10 a.m.to 11 a.m.)

The One Voice speakers for session two will help participants recognize the signs of Domestic Violence and coercive control, as well as indications of trauma. Other areas that will be addressed include:

- How to recognize abuse when it "doesn't bleed.
- Common types of psychological and emotional abuse, including those which target seniors.
- Patterns of behaviour that demonstrate coercive control and the vicious cycle of abuse.
- Signs of trauma.
- What do healthy and equitable relationships look like?
- Important questions to ask of a suspected victim of domestic violence.
- The importance of believing victims.
- What do supportive responses look like?

Out of the Shadows: An Escape Plan and One Voice Tool Kit

Session 3: Wednesday, April 26, 2023 (10 a.m.to 11 a.m.)

Topics to be covered include:

- Formulating an escape plan.
- Connecting with community resources which help.
- How seniors can be proactive to protect themselves from abuse.
- Accessing the One Voice resource kit and website.

You can register for both webinar sessions following the link below. You will receive in confirmation following your registration.

Please register at:

https://rtoero.zoom.us/webinar/register/WN_4Ubx0My7Te6EziYn71s7Pg





Vacancies: Secretary & Cycling Convener

Mary Valtellini, Past President

Secretary

We are seeking a person to act as Secretary at our Executive meetings held once a month on the second Wednesday of the month.

Basic requirements are:

- Attend Executive meetings including the Annual Meeting;
- Record the attendance of Executive members for each meeting;
- Record Minutes of meetings. Only pertinent information need be recorded. All motions must be recorded with mover, seconder, and results;
- Collect reports of Executive, committees, treasurer and special reports, given at each meeting. These reports should be kept with the Minutes of the relevant meeting.

Consider joining our wonderful Executive team, making some new friends, and being involved with our District 23, North York.

Contact Mary Valtellini, mary.valtellini@rogers.com, if you would like more information or wish to apply for this position.

Cycling Convener

We are seeking a person to act as the Convener for our Cycling Group

Basic requirements are:

- Attend Executive meetings.
- Be responsible for coordinating the dates, locations, times, and organization of both the Spring and Fall cycling trips.
- Ensure the Acknowledgement, Waiver and Release Form has current information and is signed by participants.
- Keep the above forms on file.
- Coordinate washroom availability with the Parks Supervisor where District 23 members cycle.
- Provide a relevant submission for each edition STONY Bridges by the deadlines.

Contact Mary Valtellini, mary.valtellini@rogers.com, if you would like more information or wish to apply for this position

Frank and Ella

Wednesday, April 19, 2023
Roy Thomson Hall
60 Simcoe Street, Toronto, ON

Cut-off date: Monday, March 6, 2023

A fillable registration form that can be printed, is available on the website. You can also pay online and register at this website.

<https://rtoero.ca/frank-and-ella>

The TSO pays homage to Ella Fitzgerald and Frank Sinatra presenting an assortment of classic standards by the Queen of Jazz and Ol' Blue Eyes.



Cost: \$54.00 (subsidized in honour of our 50th Anniversary year)

Cheques made payable to:
RTOERO District 23

Mail cheques and registration form to:
Mary Valtellini,
762 Clarence Street,
Woodbridge, ON, L4L 8V2

COMING SOON

Cookie Decorating

Date: Thursday, March 30th, 2023

10 a.m. – 12 p.m.

Cut-off Date: February 28, 2023

Edithvale Community Centre, Dempsey Room, 131 Finch Ave W, North York ON M2N 2H8

Spring Rejuvenation calls for the need to recharge our spirits. Cookie decorating might be one step in renewing your energy and an activity to look forward to after a cold winter.

This is a 2-hour class conducted by *Cassandra Peri*, owner of *Sweets By Design* (<https://www.sweetsbydesign.ca/>), a Creative Sweet Boutique where mini works of edible art are created! She specializes in custom homemade sugar cookies decorated with royal icing.



In this 2-hour class you will learn:

- How to flood a cookie
- Icing consistencies
- Basic Royal icing principles
- Wet on wet techniques
 - Pressure piping

And the best part is, you will learn from an expert for two hours - ask away!

Each participant will receive a kit including:

- 5 cookies
 - Scribe
 - Icing
- Practice Sheet
- Sheet with image of completed cookies!
- Bakery box to take home the cookies

EACH ATTENDEE MUST REGISTER TO PARTICIPATE

Please email the confirmation of your registration to:

rtoeroNorthYork@gmail.com

If you pay by cheque, please make the cheque payable to: **RTOERO North York.**

Mail your cheque c/o:

Sylvia Skippen, 148 Ledbury Street, Toronto, Ontario M5M 4J1

If you pay by Interac e-transfer, please email your bank payment to rtoeroNorthYork@gmail.com and then email the information on the registration form to the same email address.

Please note that video recording of the classes is NOT allowed, though photos are encouraged! Please use their hashtag #sweetsbydesign when posting your class creations on social media.

Cost:

\$40 for members (subsidized by D 23 to honor our 50th Anniversary)

For the registration form, please follow this link to our website:

<https://district23.rtoero.ca/2023-cookie-decorating-party/>

We hope that you can join us to enjoy this fun event!

